

EAT PRIMAL

START

MUSSELS

one pound atlantic mussels, molasses bacon lardons, confit garlic, croutons, spiced tomato sauce 12

TUNA

sustainable yellow fin ceviche, smoked pineapple, grapefruit vinaigrette, avocado, cucumber 14

OYSTERS

local cocktail oysters on black rocks, house mignonette 3 each

CALAMARI

flash fried, spicy tomato sauce, southeast asian shophouse aioli 13

HANDHELD

upgrade fries to shortrib poutine add 6

CHICKEN SANDWICH

crusted & fried, blue cheese buttermilk slaw, hand cut fries or house salad 16

BEEF BURGER

PRIMAL ground beef chuck, bacon, smoked cheddar, onion ring, hand cut fries or house salad 18

FOCACCIA

house made fresh daily, confit garlic, kalamata olives, balsamic, olive oil 6

SUPERFOOD SALAD BOWL

live organic mixed greens, tomatoes, olives, cucumber, broccolini, avocado, grapefruit vinaigrette half 12 / full 16
add chicken / tuna 6 each

MARROW

canoe cut, roasted bone marrow, crostini, kettle chips, mustard, onion marmalade 13
add shot 1oz: gin, rum, whiskey: 6 each

POUTINE

braised beef shortrib, cheese curds, hand cut fries, primal jus, onion ring, beer-raise 14

FISH TACOS

seared tuna, avocado chipotle crema, crunchy slaw, pico de gallo two 14 / three 18

CHICKEN TACOS

jerk spiced barbacoa, tomato salsa, chimilantro pickled vegetables two 10 / three 14

CHARCUTERIE TO SHARE

crostini, potato chips, kitchen pickles, mustard choice of three 24, add one 8 each

FEATURE

please see our wall and/or ask your server

BEEF BILTONG

toasted coriander crusted, 30 day dry cured

WILD BOAR PASTRAMI

72 hour brine, 4 hour cold smoked

BISON BRESAOLA

espresso & mushroom, 25 days dry cured

TALEGGIO CHEESE

aged 3 months, roma cheese, brooklyn, NS

BLUE CHEESE

aged 2 months, blue harbour cheese, halifax, NS

CHEDDAR CHEESE

one hour cold smoked, PRIMAL, halifax, NS

BOARDS TO SHARE

two foot long custom signature boards

BUTCHER'S CLUB

korean sticky pork ribs, beef shortrib poutine, PRIMAL fried chicken, jerk chicken taco 33

FISHMONGER

flash fried calamari, yellow fin tuna taco, 4 cocktail oysters, mussel tomato pot 29

ADD NS CRAFT BEER FLIGHT

5oz tasting of four NS craft beer on tap 10

STEAKS

35 day dry aged with your choice of one side: garlic mash, truffle parm fries, mixed salad, broccolini additional side 6, add jus 2, add cheese 4

RIBEYE

12oz canadian AAA grass fed 39

WEEKLY STEAK FEATURE

please see our wall and/or ask your server market

FAVOURITES

DUCK

duck leg confit, jus potatoes, fried egg, molasses bacon, blistered tomatoes, caramelized red onion 27

RIBS

bbq spiced hog back ribs, warm potato salad, chipotle coleslaw half 21 / full 29

PORK

gochubang braised valley pork belly, beet rice cracker, ginger edamame, potato, grapefruit house salad 26

SHORTRIB

boneless braised beef shortrib, fried greens, double creamed garlic mash potato 29

TUNA

sustainable yellow fin niçoise salad, olives, garlic, tomatoes, 7min egg, potato, blue cheese dressing 27

BOAR

house smoked wild boar, linguine pasta, spicy tomato jus, confit garlic, parmesan 25

